



Serving Centre County residents with food needs.

## Dental Lifeline Network

**Donated Dental Services (DDS) Program** helps people with permanent disabilities, compromising medical conditions, or who are elderly or medically fragile and cannot afford needed dental care. Applicants must be without financial resources and be ineligible for public aid to pay for dental care.

DDS serves people who need comprehensive treatment for severely-neglected dental problems—we **do not** provide emergency services or care for those who need routine checkups and cleanings.

Go to our website <http://dentallifeline.org/pennsylvania/> to download an application or call 844.489.9446. Apply ASAP as waiting lists develop.

# Food Pantries of Centre County



Newsletter—Summer 2015

## Food Q&A: Keeping Veggies Fresh

How can I keep my celery crisp and my broccoli from molding?

Q: I don't know how to store fresh veggies in the fridge. Do I take them out of their plastic bags?

Is there anything special I should do before putting them in the fridge? How long can I expect them to last?

A: Although the best storage methods for fresh vegetables can vary within each vegetable category (green onions differ from Spanish onions, for example), here's a list with some basic guidelines.

A few overall points to keep in mind first, though:

- Refrigeration can damage some vegetables (such as potatoes), yielding an off-flavor or mushy texture.
- Keep vegetables that are not stored in the refrigerator (such as potatoes and onions) away from heat sources and out of sunlight.
- Some vegetables (like tomatoes and eggplants) can be left on the counter to ripen and then refrigerated to extend their lifespan.
- When storing veggies in plastic bags, make sure to poke some holes in the bag to allow for proper air circulation. Or buy perforated plastic vegetable bags.
- Keep vegetables and fruits in separate produce drawers because some fruits, such as apples and pears, produce a substance called ethylene that hastens ripening of other produce.
- Do not store potatoes and onions together because they each give off gases that can cause the rapid decay of the other.
- Although some vegetables can last for long periods of time when properly stored, try to use them sooner, rather than later, for optimal flavor and nutrient value.
- Add crispness back to limp veggies like celery and asparagus by placing them stem-side down in a small amount of water; refrigerate until crisp.
- Last but not least, do not wash vegetables until you're ready to eat them!

## How to Roast Vegetables

### Tips Before You Begin Roasting

- Cut your vegetables into similar sizes to ensure cooking consistency.
- Prepare for shrinkage. Veggies will shrink when roasted, so plan ahead with quantities.
- The heat needs to be high. I generally roast at 425 or 450 degrees F. The high temperature ensures that the veggies will cook quickly; they'll brown on the outside, but stay tender on the inside.
- Don't overcrowd. Give each piece a chance to cook!
- Big chunks are bad. Smaller pieces have more surface area that will be exposed to the heat, giving them a better chance to crisp and brown.
- I've been known to drizzle oil on top of foods in the pan, but mixing them in a bowl prior to placing on the pan will ensure that they cook more evenly.
- Baking pans with low sides are best; metal is optimal. Line your pan with parchment paper for easy cleanup. Glass or ceramic will work fine as well.
- Check and toss the veggies halfway through cooking. As you head towards the end of your cook time, feel free to check for doneness with a fork and toss again.

Don't be afraid to try new combinations! A friend showed me how to roast beets, a food which I've been wanting to like. I'm happy to say that it worked!

Single vegetables work fantastically. In fact, you'll see two variations of just one veggie below. But adding in a little spice or combining a few vegetables together make for interesting side dishes that can be a great addition to your meals. Below are a few of my favorite pairings.

Roasted Vegetable Cheat Sheet			
Vegetable/Combo	How to Cut	Roasting Time at 450°	Seasonings
Carrots & Cauliflower	Carrots into sticks; cauliflower to bite-sized pieces	Roast carrots for 10 min.; add cauliflower & roast combined veggies for 30 more min. (40 total)	1-2 TBSP Olive Oil; ½ tsp salt and ½ - 1 tsp oregano
Asparagus & Cherry Tomatoes	Trim asparagus; leave cherry tomatoes whole	15-20 minutes	4-6 cloves garlic peeled & chopped; 1-2 TBSP Olive Oil; salt to taste
Broccoli	Bite-sized pieces	25-30 minutes	4-6 cloves garlic peeled & minced; 1-2 TBSP Olive Oil; salt to taste
Brussels Sprouts	Trim stems; remove any wilted leaves and cut into halves	30-40 minutes	2 TBSP Olive Oil; 1 tsp salt, ½ tsp black pepper